

LAST CLASS CALENDAR Fall 2024
(as of Nov 15th, 2024)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Nov 11, 2024	Nov 12, 2024	Nov 13, 2024	Nov 14, 2024	Nov 15, 2024	Nov 16, 2024
	*Mindful Meditation and Movement *Discover your Inner Pastry Chef	*Parents and Tots Creative Movement		*Women's Circle *Magic of Watercolor	
Nov 18, 2024	Nov 19, 2024	Nov 20, 2024	Nov 21, 2024	Nov 22, 2024	Nov 23, 2024
*Beginner's Ukulele *Pilates	*Makeup #1 - Unwind Your Body and Release	*Mixed Media Collage	*Make up #1 – Grow your Business with CANVA *Makeup #1 - Discover your Inner Pastry Chef *Makeup #1 - Singing Group		*The Art of Islamic Pattern
Nov 25, 2024	Nov 26, 2024	Nov 27, 2024	Nov 28, 2024	Nov 29, 2024	Nov 30, 2024
* Pilates Online *Busy Bees (6-12 month) *Busy Bees (3-6 month) *Learn how to Knit *Monday Sweat and Tone *Fit Mix *Gentle Yoga *HIIT with Lindsay	*Mom and Baby Yoga *Knitting Club *Converse in French for Beginners (Pierrefonds) *Converse in English for Beginners (Pierrefonds) *Converse in English intermediate (Pierrefonds) *Makeup #1 Pilates Pierrefonds *Essentrics *Evening Running Group *Pyjama Yoga	*Yoga for Pelvic Health *Little Movers *Baby Bop *Yoga Flow *Outdoor Mom and Baby Fit *Adult Ballet	*Essentrics Online *Atelier de musique *Mom&Baby Exercise (Pierrefonds) *Chat&Craft *Senior Chair Yoga *Make-Up #2 - Spanish for Beginners	*Friday 45 Fitness *Fresh Air Fitness *Mom and Baby Exercise *AbsMobility	*Monkey and Me (2y) *Monkey and Me (3-4y) *Saturday Yoga Flow *Music and Movement (4-5y)

Dec 2, 2024	Dec 3, 2024	Dec 4, 2024	Dec 5, 2024	Dec 6, 2024	Dec 7, 2024
	*MakeUp #1 - Tai Chi *Make up #1 - Zumba	*Make up #1 - Canva for beginners *Makeup #1 - Parents & Kids Dancing	MakeUp #1 - Toning and Custom Fit For All *Makeup #1 – HIIT 3PEAT Fitness *Makeup #1 – Yoga for Back Health	*Makeup #1 - Early Musical Education *Makeup #1 – Dance Fusion	* Makeup #1 - Storytime and Craft * Makeup #1 - Ukulele Club for Kids
Dec 9, 2024	Dec 10, 2024	Dec 11, 2024	Dec 12, 2024	Dec 13, 2024	Dec 14, 2024
*MakeUp #2- Converse in French for Intermediates			*Make Up # 2 - Latin Cardio * Make Up # 2 - New baby Conversation Group	*Makeup #2 – Body Sculpting and Toning	